

**Basic Report 01164, Cheese sauce, prepared from recipe**

Report Date: March 06, 2015 06:04 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	2.0 tbsp 30g	1 cup 243g
<b>Proximates</b>				
Water	g	66.86	20.06	162.47
Energy	kcal	197	59	479
Protein	g	10.33	3.10	25.10
Total lipid (fat)	g	14.92	4.48	36.26
Carbohydrate, by difference	g	5.48	1.64	13.32
Fiber, total dietary	g	0.1	0.0	0.2
Sugars, total	g	0.19	0.06	0.46
<b>Minerals</b>				
Calcium, Ca	mg	311	93	756
Iron, Fe	mg	0.35	0.10	0.85
Magnesium, Mg	mg	19	6	46
Phosphorus, P	mg	229	69	556
Potassium, K	mg	142	43	345
Sodium, Na	mg	493	148	1198
Zinc, Zn	mg	1.26	0.38	3.06
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	0.6	0.2	1.5
Thiamin	mg	0.044	0.013	0.107
Riboflavin	mg	0.243	0.073	0.590
Niacin	mg	0.204	0.061	0.496
Vitamin B-6	mg	0.045	0.013	0.109
Folate, DFE	µg	11	3	27
Vitamin B-12	µg	0.35	0.10	0.85
Vitamin A, RAE	µg	82	25	199
Vitamin A, IU	IU	310	93	753
Vitamin E (alpha-tocopherol)	mg	0.09	0.03	0.22

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Vitamin D (D2 + D3)	µg	1.0	0.3	2.4
Vitamin D	IU	41	12	100
Vitamin K (phylloquinone)	µg	0.9	0.3	2.2
<b>Lipids</b>				
Fatty acids, total saturated	g	8.034	2.410	19.523
Fatty acids, total monounsaturated	g	4.735	1.420	11.506
Fatty acids, total polyunsaturated	g	1.397	0.419	3.395
Cholesterol	mg	38	11	92
<b>Other</b>				
Caffeine	mg	0	0	0